

### Dance begin on vocals (32 counts)

#### (1-8) Heel and Heel, rock step x 2

1&2&3&4 Touch R heel forward, step R together, touch L heel forward, step L together,  
Rock R foot forward, weight back on L, stomp R foot next to L

5&6&7&8 Touch L heel forward, step L together, touch R heel forward, step R together,  
Rock L foot forward, weight back on R, stomp L foot next to L

(Option: Kick instead for heel)

#### (9-16) Shuffle ½ turn shuffle, Point and point, scuff, hitch step

1&2 Step R foot to the side, step L together, step R foot to the side, ½ turn L

3&4 Step L foot to the side, step R foot together, step L foot to the side

5&6& Point R foot to the R side, step R together, Point L to L side, step L together,

7&8 Scuff R foot forward and hitch, step R foot next to L

#### (17-24) Apple Jacks, heel hook, heel flick, Heel hook, heel flick

1& Weight on R heel and L toe, move R toe and L heel to R side, & back to center,

2& Weight on L heel and R toe, move L toe and R heel to L side, & back to center

3& Weight on R heel and L toe, move R toe and L heel to R side, & back to center

4& Weight on L heel and R toe, move L toe and R heel to L side, & back to center

5&6& Touch R heel forward, hook R foot in front of L foot, touch R heel forward,  
flick R heel to the side.

7&8& Touch R heel forward, hook R foot in front of L foot, touch R heel forward, flick R heel to the  
side.

(Option: Slap R hand on R heel when flick)

#### (25-32) Step to the side with sailor ¼ turn L (9 o'clock) , sailor ½ turn R (3 o'clock), cross, back, back, cross, back, back

1,2& Step R foot to R side, turn ¼ to L, step L foot back, step R foot to R side,

3,4& Step L to L side Turn 1/2 R while step R foot back, step L foot to L side

5&6 Cross R foot over L foot, step L foot back, and step R foot to the side

7&8 Cross L foot over R foot, step R foot back, and step L foot to the side

#### TAG 1: AT END OF WALLS 1 & 3

1,2 Step R foot out to the R side, step L foot out to the L side,

3,4 Hip bumps to the R, hip bumps to the L.

#### TAG 2: AT END OF WALL 5

1,2 Step R foot out to the R side, step L foot out to the L side,

3,4,5,6 Hip bumps to the R, hip bumps to the L. Hip bumps to the R, hip bumps to the L

Have fun with it

